

Year-Round Lap Swimming

The city of Chandler encourages fitness through swimming. Early Bird Swim is held at the Hamilton Aquatic Center Monday through Thursday from 5:30 – 7:30 am.

There will be no lap swimming on the following holidays:

- ◆ **Monday, September 3, 2007 – Labor Day**
- ◆ **Monday, November 12, 2007 – Observance of Veteran's Day**
- ◆ **Thursday, November 22, 2007 – Thanksgiving**

AQUA FIT: DEEP WATER

This level of Aqua Fit uses deep-water jogging & exercises to challenge and strengthen the entire body. This class is held in 6-12 feet of water, in a vertical position, feet not touching the bottom. Flotation belts and noodles are used but some swimming ability is recommended.

Fee: \$35 Location: Hamilton Aquatic Center
 2017.277 M-Th 8/20 - 8/31 6:30-7:30 am
 2017.477 M-Th 9/10- 9/21 6:30-7:30 am

SCUBA (AGES 13 AND ABOVE):

N-Depth Scuba

has partnered with the Aquatics Division to bring you

Scuba. The class will

include classroom instruction and confined water skills. Students will learn about SCUBA, the underwater environment, safety and dive planning. This is a PADI course and upon completion students will have 6 months to complete the open water training to obtain their diver certification. Open Water certification requires additional training and cost. Students are encouraged to purchase dive quality mask, fins and snorkel, which can be purchased at N-Depth Scuba, but all necessary equipment will be provided for class.

Fee: \$140 – Checks made payable to "N-Depth Scuba"

Location: West Chandler Aquatic Center

2060.544 T & W 8/28 – 8/29 6 – 10 pm



2007 Fall Swim Lesson Schedule

HAMILTON AQUATIC CENTER SATURDAY SWIM LESSON SCHEDULE

FALL SESSION I - Saturday - Morning: September 8 - 29, 2007

ALL SESSIONS - Saturday - Morning: September 6 - 25, 2007														
		----- 25-minute classes -----					----- 50-minute classes -----							
	Time	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	Adult Beginner
A M	9:00 AM		2012.282	2001.282	2002.282	2003.282		2004.282	2005.282	2006.282				
	9:30 AM	2000.283		2001.283	2002.283	2003.283								
	10:00 AM		2012.284	2001.284	2002.284	2003.284	2010.284		2005.284		2007.284			
	10:30 AM			2001.285	2002.285	2003.285**								
	11:00 AM			2001.286	2002.286	2003.286	2010.286	2004.286				2008.286	2009.286	
	11:30 AM		2012.287	2001.287	2002.287									

All Saturday classes meet for four (4) Saturdays

FALL SESSION II - Saturday - Morning: October 20 - November 10, 2007

		----- 25-minute classes -----					----- 50-minute classes -----							
	Time	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	Adult Beginner
A M	9:00 AM			2001.482**	2002.482	2003.482	2010.482			2006.482				2016.482
	9:30 AM	2000.483		2001.483	2002.483	2003.483								
	10:00 AM		2012.484	2001.484	2002.484	2003.484		2004.484	2005.484		2007.484			
	10:30 AM			2001.485	2002.485	2003.485**								
	11:00 AM			2001.486	2002.486	2003.486	2010.486	2004.486	2005.486			2008.486		
	11:30 AM		2012.487	2001.487	2002.487									
	12:00 PM				2002.488	2003.488	2010.488		2005.488	2006.488	2007.488		2009.488	
	12:30 PM			2001.489		2003.489								

All Saturday classes meet for four (4) consecutive Saturdays.

ARROWHEAD POOL EVENING SWIM LESSON SCHEDULE

FALL SESSION I - Weekday - Evening: August 20 - 31

		----- 25-minute classes -----					----- 50-minute classes -----								
	Time	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	Adult Beginner	Aqua Fit (Aerobics)
P M	5:30 PM	2000.251		2001.251	2002.251**	2003.251	2010.251		2005.251		2007.251				2017.251
	6:00 PM		2012.252	2001.252	2002.252	2003.252**									
	6:30 PM			2001.253	2002.253	2003.253	2010.253	2004.253		2006.253		2008.253		2016.253	2017.253
	7:00 PM			2001.254	2002.254	2003.254									

All weekday classes meet every Monday, Wednesday, and Friday. A session consists of six (6) classes.

FALL SESSION II - Weekday - Evening: September 10 - 21

AQUAEROBIC Weekly Evening: September 12-14															
		----- 25-minute classes -----					----- 50-minute classes -----								
	Time	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	Adult Beginner	Aqua Fit (Aerobics)
P M	5:30 PM	2000.451		2001.451	2002.451	2003.451	2010.451	2004.451		2006.451	2007.451				2017.451
	6:00 PM		2012.452	2001.452	2002.452	2003.452									
	6:30 PM			2001.453	2002.453**	2003.453	2010.453	2004.453	2005.453				2009.453		2017.453
	7:00 PM			2001.454	2002.454	2003.454**									

All weekday classes meet every Monday, Wednesday, and Friday. A session consists of six (6) classes.